

NSW RACE WALKING CLUB

Check out the Website: www.nswracewalkingclub.com

Established 1911



The RACEWALKER *2nd August, 2025*

Today Saturday 2nd August we have club competition here at **Chipping Norton**, hopefully it is a rain free afternoon.

We hoped you all enjoyed spending last Saturday at home, in preparation for the **NSW Athletics Long Walks** early start on Sunday morning. Congratulations to all 65 athletes who competed at these championships, hoping all athletes reached their goals and were pleased with their results.

On the 19th July **Winston Hills Athletics** held their **Open Day** and at the conclusion of all races, awards were presented to the fastest male and female in each division plus 1st, 2nd and 3rd places for the combined handicap winners in each division. Thank you so much **Winston Hills Athletics**! This is the third time that they have hosted an Open Day for our club and we had 44 walkers who competed for these awards.

The 19th July was also the **Race Walking Australia Postal Challenge**. This is a Race Walking Australia club versus club competition. The points from the fastest competitor from each club in each race will be added and the club with the lowest points declared the winner. If a club fails to have a competitor finish in any category, that club will be awarded the same points as the highest scoring competitor. All athletes who are members of the club were **automatically entered** into the points race for the distance they walk.

The results of this Postal Challenge will be sent to us in the next few weeks.



Saturday 9th August is the Parramatta Athletics Open Day supported by **Parramatta Athletics Club**. Awards will be presented to the Fastest Female and Fastest Male and 1st, 2nd and 3rd combined handicap winners in each division. To be eligible for the awards competitors must have successfully competed in their nominated division on THREE previous occasions this season. Winners of a Fastest Award cannot win a Handicap award.

Saturday 16th August – is our **NSWRW Club Championships** and medals for 1st, 2nd, 3rd male & female fastest in each division, plus awards for 1st, 2nd and 3rd Combined handicap winners in each division will be presented. Winners of a Fastest medal cannot win a Handicap award. To be eligible for these Championships walkers must have competed in their nominated division in a combined total of 50% of events, including Nepean Open, June Canberra Federation, Winston Hills Open & Parramatta Open from the start of the season. NSW Athletics Championships do not count towards qualification.

***** Point Score finishes *****

Sat 23rd Aug - No Club Walks

Sunday 24th August - Australian Athletics Junior Race Walking Championships at Victoria Park, Ballarat, Victoria.

Entries will close on 5th August at 5:00pm. No late entries will be accepted.

<https://meets.rosterathletics.com/public/com petitions/details/about?id=26194>

If you require assistance please contact hello@athletics.org.au or +61 3 8646 4550 office hours: 9am - 5pm, Monday - Friday.

All information is available on the website, see above.

Saturday 30th August is our Presentation Day here at Chipping Norton.

19/07/25 CHIPPING NORTON - Winston Hills Athletics Centre Open

To be eligible for an award, athletes must have successfully competed in their nominated division on THREE prior occasions this season.
Winners of a Fastest Award cannot win a Handicap Award.

MEDIUM 10KM

| Place | Name | Finish Time | H'cap Time | H'c ap | Open |
|-------|--------------------|-------------|------------|--------|------|
| 1 | Brendan Pospischil | 52.04 | 41.02 | 1 | FM |
| 2 | Jessica Loring | 59.52 | 43.00 | 2 | - |
| 3 | Aidan Pospischil | 1.07.32 | 46.28 | 3 | 1 |

| | | 8KM | 10KM |
|---|--------------------|-------|---------|
| 1 | Brendan Pospischil | 41.46 | 52.04 |
| 2 | Jessica Loring | 47.54 | 59.52 |
| 3 | Aidan Pospischil | 53.41 | 1.07.32 |

14yrs 3KM

| Place | Name | Finish Time | H'cap Time | H'c ap | Open |
|-------|--------------------|-------------|------------|--------|------|
| 1 | Nate Appleyard | 13.38 | 12.46 | 2 | FM |
| 2 | Avia Luketic | 13.53 | 12.10 | 1 | FF |
| 3 | Rhys Straub | 16.25 | 12.58 | 5 | 3 |
| 4 | Patrick Waddington | 16.27 | 12.50 | 3 | 1 |
| 5 | Alexander Dennett | 17.21 | 12.51 | 4 | 2 |
| 6 | Veronica Dennett | 18.51 | 13.31 | 6 | - |
| | Addison Jenkins | DNF | | | - |
| | Hugo Siciliano | DNF | | | - |

SHORT 4KM

| Place | Name | Finish Time | H'cap Time | H'c ap | Open |
|-------|---------------------|-------------|------------|--------|------|
| 1 | Sophie Polkinghorne | 24.56 | 21.14 | 5 | FF |
| 2 | Christopher Nilon | 29.08 | 22.45 | 6 | FM |
| 3 | Ashleigh Mansell | 29.44 | 23.13 | 7 | - |
| 4 | Nicolle Challinor | 39.33 | 19.10 | 1 | 1 |
| 5 | Claire Gauci | 42.45 | 20.52 | 4 | 3 |
| 6= | Emily Challinor | 44.43 | 19.26 | 2= | 2= |
| 6= | Sarah Challinor | 44.43 | 19.26 | 2= | 2= |

12yrs 2KM

| Place | Name | Finish Time | H'cap Time | H'c ap | Open |
|-------|-------------------|-------------|------------|--------|------|
| 1 | Darcy Dennis | 9.47 | 9.39 | 8= | FM |
| 2 | LilyEve Everson | 9.56 | 8.48 | 2 | FF |
| 3 | Joshua Waddington | 10.01 | 8.31 | 1 | 1 |
| 4 | Stella Wade | 10.03 | 9.03 | 3 | 2 |
| 5 | Beth Cochrane | 11.08 | 9.11 | 6 | - |
| 6 | Melody Latta | 11.53 | 9.06 | 4 | 3 |
| 7 | Nasrin Hewitt | 12.25 | 9.28 | 7 | - |
| 8 | Chloe Farrugia | 12.56 | 9.39 | 8= | - |
| 9 | Chelsea Sharpe | 13.49 | 9.10 | 5 | - |
| 10 | Olivia Baxter | 15.28 | 9.55 | 10 | - |
| | | 1.5KM | 2KM | | |
| | Nasrin Hewitt | 9.13 | 12.25 | | |

16yrs 4KM

| Place | Name | Finish Time | H'cap Place | H'c ap | Open |
|-------|-------------------|-------------|-------------|--------|------|
| 1 | Noah Vella | 20.04 | 17.17 | 4 | FM |
| 2 | Sagan Jones | 21.24 | 16.23 | 1 | 1 |
| 3 | Sienna Wade | 21.59 | 18.07 | 5 | FF |
| 4 | Ashleigh Farrugia | 22.44 | 18.59 | 6 | - |
| 5 | Hannah Hewitt | 23.06 | 16.33 | 2 | 2 |
| 6 | Luke Challinor | 34.20 | 16.45 | 3 | 3 |
| | MiaRose Everson | DNF | | | - |

10yrs 1KM

| Place | Name | Finish Time | H'cap Time | H'c ap | Open |
|-------|-------------------|-------------|------------|--------|------|
| 1 | Eric Colgan | 5.05 | 4.35 | 4 | FM |
| 2 | Carsen Luketic | 5.14 | 4.39 | 6= | - |
| 3 | Jaiden Chahal | 5.17 | 4.36 | 5 | - |
| 4 | Lola Dixon | 5.34 | 4.39 | 6= | FF |
| 5 | Patrick Yeldham | 5.43 | 4.13 | 2 | 2 |
| 6 | Amelia Mair | 6.34 | 4.04 | 1 | 1 |
| 7 | Samuel Waddington | 6.47 | 4.16 | 3 | 3 |
| 8 | Huxley Jones | 7.30 | 5.16 | 8 | - |
| 9 | Clementine Colgan | 10.24 | 5.53 | 9 | - |

Winston Hills Athletics Centre Open

FF=Fastest Female

FM=Fastest Male

Race Walking Australia Postal Challenge 19/07/2025 @ Chipping Norton

Below are the walkers who performed the best for NSW RWC, with the Age on Day, for the Postal Challenge.

| | | Boys | Time | Girls | Time |
|---------|-----|--------------------|---------|---------------------|---------|
| U/10 | 1.5 | no athletes | | Nasrin Hewitt | 0:09:13 |
| U/12 | 2 | Darcy Dennis | 0:09:47 | Lily Eve Everson | 0:09:56 |
| U/14 | 3 | Nate Appleyard | 0:13:38 | Avia Luketic | 0:13:53 |
| U/16 | 5 | no athletes | | Sophie Polkinghorne | 0:24:56 |
| U/18 | 8 | no athletes | | Jessica Loring | 0:47:54 |
| U/20 | 10 | Aidan Pospischil | 1:07:32 | no athletes | |
| Open | 10 | Brendan Pospischil | 0:52:04 | no athletes | |
| Masters | 10 | no athletes | | no athletes | |

The results of this interstate Challenge will be posted as soon as we are notified. Thank you to all!